

What is claimed is:

1. A woven exercise rug comprising:
  - a woven rug portion having an exercise surface, and
  - a plurality of contours located on at least a portion of the exercise surface of
- 5 the woven rug portion, wherein said contours are of sufficient size to provide a user of the exercise rug an improved grip on the contoured portions of the exercise surface of the exercise rug relative to the user's grip on a non-contoured exercise surface of a woven exercise rug.
- 10 2. A woven exercise rug as claimed in claim 1, wherein said exercise surface includes a upper portion, a lower portion and a central portion, and said contours are located in at least one of said upper and lower portions of the exercise surface.
- 15 3. A woven exercise rug as claimed in claim 2, wherein an area of the central portion of the exercise surface is larger than an area of each of the upper and lower portions of the exercise surface.
- 20 4. A woven exercise rug as claimed in claim 3, wherein the area of the central portion of the exercise surface is larger than the combined area of the upper and lower portions of the exercise surface.
- 25 5. A woven exercise rug as claimed in claim 1, wherein the contours comprise a plurality of ridges oriented substantially perpendicular to the direction of the longest dimension of the exercise rug.
- 30 6. A woven exercise rug as claimed in claim 5, wherein said exercise surface includes a upper portion, a lower portion and a central portion, and said rug comprises a plurality of ridges located in said upper portion of said exercise surface, and a plurality of ridges located in said lower portion of the exercise surface.

7. A woven exercise rug as claimed in claim 6, wherein the ridges are spaced at a predetermined distance from one another, and wherein the spacing between sets of ridges varies for at least two different sets of ridges.

5 8. A woven exercise rug as claimed in claim 7, wherein said central portion of the exercise surface is free of contours.

9. A woven exercise rug as claimed in claim 1, wherein the contours are provided by one or more elements selected from supplementary wefts and 10 supplementary warps, and wherein said supplementary wefts and warps are wefts and warps in addition to those required to provide structural integrity to the rug.

10. A woven exercise rug as claimed in claim 9, wherein the contours are provided by a plurality of supplementary wefts.

15 11. A woven exercise rug as claimed in claim 1, wherein the contours comprise a plurality of indentations oriented substantially perpendicular to the direction of the longest dimension of the exercise rug.

20 12. A woven exercise rug as claimed in claim 11, wherein said exercise surface includes a upper portion, a lower portion and a central portion, and said rug comprises a plurality of indentations located in said upper portion of said exercise surface, and a plurality of indentations located in said lower portion of the exercise surface.

25 13. A woven exercise rug as claimed in claim 12, wherein the indentations are spaced at a predetermined distance from one another, and wherein the spacing between sets of indentations varies for at least two different sets of indentations.

30 14. A woven exercise rug as claimed in claim 1, wherein the contours are formed by a separate layer of material attached to the exercise surface of the exercise rug.

15. A woven exercise rug as claimed in claim 14, wherein said exercise surface includes a upper portion, a lower portion and a central portion, and said rug comprises a separate layer of material attached to said upper portion of said exercise 5 surface, and a separate layer of material attached to said lower portion of the exercise surface.

16. A woven exercise rug as claimed in claim 15, wherein the contours are spaced at a predetermined distance from one another, and wherein the spacing 10 between sets of contours varies for at least two different sets of contours.